

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

Press Communiqué

Governor witnesses the Pariksha Pe Charcha

Pariksha Pe Charcha 2026 reinforced the message that examinations are a natural part of learning and should not become a source of fear or stress: Governor

Governor calls upon the parents to be empathetic and supportive, avoiding undue pressure and comparisons

The Governor of Arunachal Pradesh, Lt Gen KT Parnaik, PVSM, UYSM, YSM (Retd.), witnessed the 9th edition of 'Pariksha Pe Charcha' from Lok Bhavan, Itanagar on 6th February 2026.

The Governor, expressing gratitude to the Prime Minister Shri Narendra Modi said that Pariksha Pe Charcha 2026 reinforced the message that examinations are a natural part of learning and should not become a source of fear or stress. He said that the interaction encouraged students to focus on conceptual understanding rather than mechanical learning, manage time effectively, and maintain physical and mental well-being through discipline, fitness, and mindfulness.

The Governor called upon the parents to be empathetic and supportive, avoiding undue pressure and comparisons. He also urged the teachers to encourage and act as mentors who inspire curiosity, creativity, and confidence.

The Governor was elated that the Prime Minister in this episode interacted with children from the North East Region, said that the programme echoed the spirit of the National Education Policy 2020 by promoting holistic, joyful, and stress-free education that nurtures well-rounded and resilient learners.

PRO to Governor
Arunachal Pradesh
ITANAGAR, February 6, 2026